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*The World is As You Dream It* follows author John Perkins in his uncovering of the power of dreams and the subconscious mind. Perkins explains throughout his book the notion that perception has a magnificent ability to mold the future. Unfortunately, somewhere in humanities history, the industrial world has lost itself in the dreams of building, expanding, and misusing the natural earth. These dreams were manifested into reality and accepted by the common populace, therefore providing the energy and muscle for them to persist. Perkins understood from an early age that the world really is what we choose to dream it is, and has taken it upon himself to generate a movement of re-dreaming the future in order to create a more harmonious planet.

Perkins began on this path as a young man working as a copyboy for a Boston news tabloid. He was asked to write an article concerning hallucinogenic drugs at Harvard, when he first began to understand the power of perception and that his own culture held a perception rooted in self-centered and self-destructive mannerisms. Perkins joined the Peace Corps in South America and became enthralled with the ancient and sacred teachings of the Shuar tribe of the Amazon. The Shamans of the tribe work as dream changers in order to alter the subconscious of individuals that are in need of healing. After his own experiences with the psychoactive plant medicines used by these people, Perkins described his new-found appreciation for the oneness of all things that he explains is composed by many realities which are all rooted in perception. He elucidates that everything one experiences is a perception, and if change is wanted, perceptions must be altered in order for transformation to become reality. Perkins has since worked with many Amazonian Shamans, while simultaneously bringing esteemed academics from the U.S. to study the ancient wisdom of these cultures.

John Perkin’s writing has stimulated within me new hope and courage to re-dream a more cooperative and peaceful world. The ability of the human subconscious to harness the skill of creating what we dream is a form of traditional healing that has been taught for centuries. We seem to have forgotten these lessons and have come to believe that within our society our ways of living are superior, and therefore we must share these practices with “underdeveloped” civilizations. In reality we have much to learn from these ancient teachings in order to tap into the abilities that are present within all of us. Big change is needed and big change is possible, and if we believe it, we can create it.